



Disease Management/Diabetes Programs

Diabetes Talking Circle*

Support & education meetings open to those with diabetes and those who care for someone with diabetes. Gives you the knowledge and tools to make healthy lifestyle choices. A meal is provided.

When January 8: 5-7 p.m.
**Special Location:
Ojibwa Senior Center
February 19: 11 a.m.-1 pm.
March 19: 11 a.m.-1 p.m.

Where LaPointe Health Center
2nd floor

Pre-registration is required.
For more information or to register, please call 353-4546.

Nutrition Consultation

Meet with Dr. Dale Schmeisser, RD to discuss your nutrition concerns.

When By appointment:
January 9, 10, 23, 24
February 6, 7, 14, 20, 21
March 20, 21

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, call 353-4510.

Diabetes Coaching*

Assistance with managing your diabetes and goal setting.

When By appointment
For an appointment, call 353-4548.

Diabetic Foot Care Clinic*

Foot care includes nail trimming and diabetic foot exam.

When By appointment Fridays:
January 10
February 21
March 14

Where LaPointe Health Center
2nd Floor

To make an appointment, 353-4546.

*These programs are eligible for Diabetes Advantages Program points.

Community Health Activities

P.A.T.H. Program*

Personal Action Toward Health is a chronic disease self management program that meets for six consecutive weeks. Topics include dealing with problems, effective communication, and making informed treatment decisions.

When & Where To be announced.
To register, call 353-4548.

Healthy Heart Fair

A health fair featuring many local agencies. There will be screenings, information, and prizes.

When February 14
11 a.m. - 1:30 p.m.

Where Ojibwa Community Gym
(located in the KBOCC-
Beartown Rd. Baraga)

For more information, call 353-4546.

BCCCP (Breast & Cervical Cancer Control Program)

Provides breast & pelvic exams, pap smears, and mammograms for women 50-64 that meet income guidelines, and have no insurance coverage for these services.

When By appointment

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4530.

KBIC Optical Clinic

An opportunity to order glasses after a prescription has been made.

When 8 a.m. - 4 p.m.
Wednesdays; excluding
holidays and snow days
Appointments are also
available.

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4531.

NOTE: To obtain a voucher for an eye exam, please call 353-4537.

KBIC Audiologist Clinic

Providing hearing assessment, and hearing aid repair.

When By appointment only.

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4531.

KBIC Community Member Transports

Local transportation to medical/dental appointments; utilized as a last resort option. Be sure to call early as slots fill up fast.

When By appointment:
Mondays, Wednesdays,
& Fridays

To schedule, call 353-4531.

Walk and Talk

Indoor walking program. Learn how you can earn prizes by walking.

When 10:30 a.m. - 1:30 p.m.
Weekdays through
April 11; excluding
holidays & snow days

Where KBOCC Gymnasium

For more information or to claim a prize, please call 353-4546.

Healthy Start & W.I.C. Clinics

Immunization Clinic

Adult & child immunization clinic.

When By appointment

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4543.

Healthy Start

This program is designed to assist pregnant women and newborns up to two (2) years old in becoming and staying healthy.

When By appointment

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4543.

W.I.C. Days

A supplemental food and nutrition program for low-income pregnant, breastfeeding, and postpartum women and children under age five.

When Jan. 3, 8, 10, 14-15, 17, 24, 28-29, 31
Feb. 5, 7, 18, 19, 28
Mar. 5, 7, 11-12, 14, 21, 25-26, 28

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4527.

Youth Programs

Positively You

Young women age 13-17 build upon strengths creating positive self awareness.

Craft and snack provided.

When 3:30 - 5 p.m.
Meets once every month.

Where LaPointe Health Center
2nd floor meeting room

Transportation is available.
For information, call 353-4532.

Special Events

Watch for special events
to be advertised in the tribal newsletter and on posted flyers.

If you would like to be added to our mailing list call 906-353-4546.

Messages from the LaPointe Health & Education Center



January is Stalking Awareness Month

Stalking is a crime that affects 3.4 million victims a year, but many people underestimate its seriousness. Stalking is difficult to recognize because it is not a single, easily identifiable crime but a series of acts directed at a specific person. It may take many forms such as assaults, threats, vandalism, burglary, or animal abuse, as well as unwanted cards, calls, gifts, or visits. Communities that understand stalking can support victims and combat the crime.

February is Healthy Heart Month



Heart disease is the #1 cause of death in America, including among the Native American population. Heart disease can lead to stroke and heart attack. It develops over many years and there are many factors that make you at risk for developing heart disease. Caring for your heart is one of the most important things you can do for your health. Heart health can start at any age.



March is Colorectal Cancer Awareness Month

If undetected, colorectal cancer becomes a killer, but screening tests can find it early when treatment is most effective. Even better news this is one cancer you can prevent. Screenings find pre-cancerous polyps that can be removed before they turn into colorectal cancer. This is important especially if you are age 50 or older or have a family history of colorectal cancer.

For more ways we can help you improve your health call us at 353-8666.

Winter 2014
Quarterly Community Events



Keweenaw Bay Indian Community
Dept. of Health & Human Services